

2001 California Dietary Practices Survey

Table 10: Average Number of Servings of Fruits and Vegetables Eaten by Adults

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

Mean Servings Eaten			
	Fruits and Vegetables	Fruits & Juices	Vegetables & Salads
Total	3.9	1.9	1.9
Sex			
Males	3.8	1.9	1.9
Females	4.0	2	2.0
Males			
18 - 24	3.9	1.9	2.0
25 - 34	3.9	2	2.0
35 - 50	3.8	1.9	1.9
51 - 64	3.4	1.5	1.8
65+	3.9	2.2	1.7
Females			
18 - 24	3.3 ^a *	1.8	1.5
25 - 34	3.6 ^a	1.7	1.9
35 - 50	4.2 ^a	2.0	2.2
51 - 64	4.1 ^a	2.2	2.0
65+	4.4 ^a	2.3	2.1
Ethnicity			
White	4.0	1.9	2.1
Hispanic	3.9	2.1	1.8
Black	3.2	1.5	1.7
Asian/ Pacific Islander	3.6	1.9	1.8
Education			
Less than high school	3.4 ^a ***	1.9	1.5 ^a ***
High school graduate	3.8 ^{ab}	1.8	2.0 ^{bc}
Some college	3.6 ^a	1.9	1.8 ^{ab}
College graduate	4.3 ^b	2.1	2.2 ^c
Income			
Less than \$15,000	3.5	1.7	1.8
\$15,000 - 24,999	4.0	2.0	1.9
\$25,000 - 34,999	3.9	2.0	1.9
\$35,000 - 49,999	3.8	2.0	1.8
\$50,000+	4.1	2.0	2.1
Physically Active			
Did not meet recommendations	3.5 ***	1.7 ***	1.7 ***
Met recommendations	4.4	2.2	2.2
Overweight Status			
Overweight/Obese	3.7 *	1.8	1.9
Not Overweight	4.1	2.0	2.0

A box around a group of numbers signifies that differences observed within this group are statistically significant

Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA:

* p<.05

*** p<.001